

"Mention a Sin From Your Past Life."

When a priest tells you this in Confession, it means that he does not consider that you have confessed anything that is certainly a sin; and doubtful matter only is not sufficient for absolution. If there are any doubtful sins, you want to receive absolution; to do so you may confess something already confessed. It is always a matter for absolution.

How to Confess a Past Sin.

Use this formula after the declaration of your sins: "I wish to include in this confession all the sins I may have forgotten, and all the sins of my past life, especially all sins against the _____ Comandment." Always use this formula and save the priest inconvenience and yourself embarrassment. If you think you have been guilty of sin and he decides that you haven't he has to get a sin from you or send you out with a blessing instead of absolution.

The Number and Circumstances.

The Number of sins must be declared in the case of mortal sins; this is not required for venial sins. Circumstances to be declared are only such as change the Nature of the sin, that is, make a venial sin mortal or vice versa, or change a sin from one species to another.

For Instance.

If a man steals wine from his father's house, it is theft; if he steals it from a church, it is sacrilege; if he steals it from a drunk and pours it down the sewer, it may be an act of virtue.

The Act of Contrition.

Say the Act of Contrition, and excite sorrow for sin before you enter the confessional. Repeat it at the proper time. If you have five minutes in which to prepare for confession, spend one minute.

Come Out With It.

If you want advice, or more advice, ask for it. Don't goof yourself into believing you can settle all your own troubles.

Thought for Tomorrow.

Thirty minutes at Mass tomorrow morning will do you more good than thirty years in Purgatory.

Collapses in Sorin Hall.

"Collapses in Adult Life" is a splendid pamphlet by Father Hull. Daily Communion isn't everything. Remember what St. Theresa says: "Prayer and self-indulgence do not go together." If you are not as devout or as holy as you were three years ago, see what comfort has had to do with it.